

# Cincinnati Recreation Commission

## Kayak Skills Development

The pool is a perfect place to learn the fundamentals of kayaking. It's also a great way for skilled paddlers to mentor a teenage kayaker. This class is for experienced or novice kayakers. Develop or perfect your moves. Learn about paddling safely, basic paddle strokes, wet exits, rolls and rodeo moves in these Monday evening classes. Whether you own a kayak or not, join the group for a lot of fun and some river trips. Class activities are listed.

### Teen/Adult Kayak Class

**\$75.00 with kayak**

**\$105.00 without kayak**

**(CRC City-wide pool/center membership required)**

**Mondays**

**June 14 to August 9**

**(No class Monday, July 5)**

**5:30pm to 9:00pm**

**9:30pm on River Days**

**McKie Pool 1655 Chase Ave. in Northside (behind McKie Recreation Center)**

class 1 6/14 **McKie Pool**

Injury prevention for paddlers, Basic paddle strokes, Wet exit, Intro to roll, Intro to flat water rodeo moves

class 2 6/21 **McKie Pool**

Paddle stroke refinement, Core body use, Roll practice, Reading the water

class 3 6/28 **Little Miami River, Miamiville, OH**

Eddy turns, Ferrying, Squirt moves, Eskimo rescue

**\*\* No Class 7/5 \*\***

class 4 7/12 **Little Miami River, Miamiville, OH**

Intro to river rodeo moves

class 5 7/19 **50 Hole Great Miami River, Cleves, OH**

Park N' Play, Personal instruction, Slalom gates, Roll practice, Play and river moves

class 6 7/26 **McKie Pool**

Slalom gates, Roll practice, Play and river moves

class 7 8/2 **Best Available Water**

Eddy turns, Ferrying, Squirt moves, Eskimo rescue, Park N' Play, Personal instruction, Advanced play demo's

class 8 8/9 **Best Available Water**

Personal instruction, Fun time, and More

### Discover Kayaking -- An Introduction to Basic Kayaking for Beginners -- FREE at McKie Pool (teens, adults & seniors)

**Fridays June 18 to July 30 10:30am to 1:00pm**  
**(no class Friday July 2nd)**

Learn about paddling safety, basic paddle strokes, wet exits, rolls and rodeo moves  
**For more information contact Steve at McKie Recreation Center 681-8247.**

### CRC Kids Kayak Camp for ages 7-11 at East Fork Lake and the Little Miami River

August 9-13, Monday-Friday 9:00am-5:00pm

Focus on leadership, nature, yoga, personal accomplishment, and fun

Cost: \$250 To register contact Don at 681-8247.